

Monday Activities

8:00 AM-8:30 AM	Will you be a good coach
8:30 AM- 9:00 AM	Week 1 client file folder video
9:00 AM-10:00 AM	7 levels deep video
10:00 AM-11:00 AM	How life coaching changes lives
11:00 AM-1:00 PM	Lunch
1:00 PM-1:30 PM	Wheel of nutrition pdf
1:30 PM- 2:30 PM	The Ultimate pH Solution

Objectives

- Complete all task
- Learn 7 levels deep
- Learn what's in wk1 client folder

Reminders

- Print all forms in week 1 forms
- Remember to take a break
- All assignments to be submitted on Wednesday's & Friday's

Wednesday Activities

8:00 AM-8:30 AM	Put 3 client file folders together
8:30 AM- 9:00 AM	Initial consultation video
9:00 AM-9:30 AM	Initial consultation quiz
9:30 AM-10:00 AM	Write a short synopsis of your understanding of the initial consult
10:00 AM-11:00 AM	Re-watch wk1 file folder video, fill in mock assessment breakdown form (for 6 wks, include phone consults).

Objectives

- Put 3 client folders together
- Learn the initial consultation
- Learn how to fill in assessment breakdown form

Reminders

- Re-watch client file folder video (assessment breakdown form)
- Initial consultation quiz
- Submit all assignments to bavcourseassignments@gmail.com

Friday Activities

8:00 AM-9:00 AM	Read Testing with pH strips, complete assignment
9:00 AM- 9:30 AM	Write a short synopsis of the importance of pH testing
9:30 AM-10:00 AM	Practice 7 levels deep with a friend, document response on an assessment breakdown form
10:00 AM-10:30 AM	Discover your own "why" & document why you have taken this course
10:30 AM-11:00 AM	Empower others
11:00AM-11:30 AM	Empower others quiz

Objectives

- Testing your pH
- Discover your own "why"
- Empower others

Reminders

- Read Empower others chapter 1 to take the quiz
- Record your pH in the comment section of testing your pH
- Submit all assignments to bavcourseassignments@gmail.com